

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 06/05/2024

Times for Tuesday 24 July			
Time	Session	Facility	Instructor
11:00 - 11:45	Stretch & Core	Sports Hall	Dawn
12:00 - 13:00	Low Impact Circuit Class	Sports Hall	Dawn
18:15 - 19:00	TRX Blast	Sports Hall	Keith